

the
SPA
at Cache Creek

MASSAGE THERAPIES

SWEDISH MASSAGE

A traditional western technique that uses long, soothing stroke to increase circulation and induce natural relaxation.

THERAPEUTIC DEEP TISSUE

This customized massage uses various techniques such as deep tissue, sports and trigger point to focus on tight muscle tissue.

HOT STONE MASSAGE

Hot stones are incorporated into our Swedish massage for the added benefit of pre-treating area of concern, allowing therapist to promote deep muscle and tissue relaxation.

CAPAY MOMMY

Perfect for those who are expecting, it includes a full body Swedish massage to help reduce swelling and relieves aches and pains. (This treatment is offered in the last 2 trimesters only).

HIMALAYAN SALT STONE MASSAGE

A full-body; Himalayan salt stone massage nourishes the body and relaxes the mind. Hand carved salt massage stones are warmed and massage the body in specific combinations to relax body, mind and spirit.

FOOT REFRESHER

Enjoy a revitalizing foot scrub, with a hot towel wrap and stimulating foot massage.





Massage Enhancements

*Please request any enhancements when making your reservation

HOT SPOT

Hot Spot Massage is the perfect way to spot treat tight, swollen, or painful areas. A hot, bubbling Self-Heating Mud compress is applied to affected areas to deeply detoxify, and soften tight tissue prior to massage.

MOROCCAN OIL SCALP TREATMENT

This scalp massage stimulates well-being while treating the scalp and hair. Treatment is done within your massage or facial.

FOOT POLISH

Invigorate and soften tired feet with a polishing exfoliation and luxurious shea butter masque.

SILKY MULTI-EXFOLIATION

Perfectly silky skin is created with a combination of black sand, pumice stone, digestive papaya enzymes and glycolic acid. Oleocrema body milk is applied to the entire body for quenched, smooth skin.

COUPLES JOURNEY

COUPLES MASSAGE

Enjoy any massage service in our couple's retreat, includes rose petals and candlelight.
50 or 80 minutes.

DEEP TISSUE MASSAGE UPGRADE

Deep Tissue Massage upgrade is available for the Couples Journey of your choice at per person rate.



BODY TREATMENTS

MARINE BODY WRAP

Iodine, a natural trace mineral, is vital to keep the metabolism running efficiently and this seaweed body masque is rich in it. As the body absorbs iodine and detoxifying nutrients throughout the treatment, thyroid function will be enhanced, to aid in a slimming or deep cleansing program. After the wrap, your body is generously moisturized with contouring cream to further combat excess weight and cellulite.

RENEWAL BODY TREATMENT

A delightful integrative body massage to achieve ultimate spiritual and physical relaxation. The massage products used are infused with poppy and pomegranate flower extracts to exfoliate and nourish the skin during this intensely liberating massage.

PASSION FLOWER SCRUB & MASSAGE

This is an aromatic and stimulating skin exfoliation. The Skin is exfoliated and moisturized followed by an aromatherapy massage with techniques inspired by yoga. It leaves the skin feeling rejuvenated, polished and the body will be “de-stressed”.

TREASURES OF THE SEA

Starts off with full body exfoliation to eliminate dull skin cells and impurities. You are then wrapped in seawater and essential oil gel mask and heat therapy blanket. Receive a full foot treatment as all your stress melts away. After you enjoy a shower in our private, in-treatment room shower you will be transported to ultimate relaxation with a 50 minute aromatherapy massage.

SKIN CARE

SEASIDE SOLUTIONS CUSTOM FACIAL

The perfect opening note to your spa experience, this classic facial treatment combines all the skin specific solutions of a European facial and much more. A highly concentrated marine mask, selected especially for your skin type, targets the improvement of the skin's functions, producing exceptional results. No matter the skin-type, an awakened complexion with a dewy, radiance is the powerful result.

YOUTH REVEALING FACIAL

The ultimate biotechnological performance combined with an exceptional youth massage for smoother, firmer skin that glows with new radiance.

BLEMISH SOLUTION FACIAL

This targeted cleansing and matifying facial treatment with proven efficacy against blemishes leaves the skin visibly healthier, fresher and clearer.

CITY LIFE FACIAL

This targeted anti-pollution, oxygenating treatment assists the skin in detoxification allowing it to catch its breath. City Life treatment de-pollutes the skin and revives asphyxiated and dehydrated complexions. Healthy skin is restored as this treatment can be customized according to your skin priorities.

3D WRINKLE SMOOTHING FACIAL

Science's most high-tech cosmeceutical ingredients deliver the visible results of injectable medical procedures for three dimensions of aging. A specific Wrinkle Eraser and concentrate containing Botox-like peptide smooths expression lines around the eyes and forehead. Face Shapers and plumping Hyaluronic Acid

concentrate fills deep lines around the mouth and cheeks to re-volumize youthful skin texture. Finally a firming, cooling mask containing Epidermal Growth Factor peptides is applied to lift, firm, and rejuvenate the complexion.

MESOFORCE HYDRA REVITALIZING FACIAL

This customized multi-vitamin facial treatment is tailored based on skin type and condition. After a thorough deep cleansing and massage with a micro-stimulating roller, specific vitamins and anti-oxidants are selected and blended with a hyaluronic acid concentrate to rejuvenate, moisturize, de-pollute or decongest the skin. A final pre-biotic mask strengthens the skin from environmental aggressors and pollutants while plumping the complexion with moisture for a calm, regenerated, hydrated complexion.

HYDRA FACIAL

EXPRESS

A breakthrough in aesthetic technology providing non-laser, non-invasive skin resurfacing. The Hydra Facial removes dead skin cells and extracts impurities while cleansing, hydrating and moisturizing. This high-tech – not high-touch – facial provides instant results for all skin types with no discomfort or downtime.



HYDRA FACIAL (cont'd)

SIGNATURE

Our most popular Hydra Facial, the Signature takes results to the next level with the addition of a mask customized to your skin type. As a final step, skin is drenched with hydration via an infusion of antioxidants and hyaluronic acid.

ULTIMATE

Technology meets luxury in this transformative 80-minute facial. The immediate, visible results of the Signature Hydra Facial become even more dramatic when accompanied by one of three performance serums. This uniquely formulated combination of peptides remarkably smooths the appearance of fine lines and wrinkles, enhances skin elasticity, and evens skin tone. A customized mask completes the treatment, leaving you restored and your skin renewed.

MICRODERMABRASION

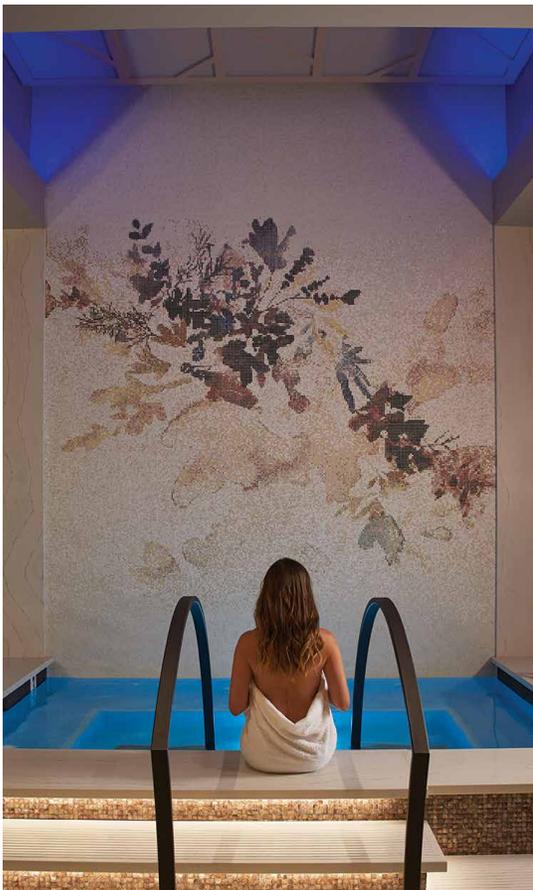
DIAMOND GO & GLOW FACIAL

Diamond microdermabrasion removes the outermost layer of dead skin cells. It's a non-invasive procedure used to decrease the appearance of superficial pigmentation and sun damage as well as diminish fine lines, wrinkles and acne scars.

ADD ON TREATMENT

Microdermabrasion can be added on any treatment

Face | Arms | Legs | Back | Neck/Chest | Whole Body



Skin Care Enhancements

*Please request any enhancements when making your reservation

EYE PERFECTION

Whether it's crow's feet, dark circles or puffiness the vulnerable eye area shows signs of aging and fatigue first. This specialized treatment includes a double brush & manual three-phase massage on the eye zone with sea retinol for a wrinkle smoothing effect.

PLUMPING LIP SMOOTHER

Our lip treatment is the perfect remedy for dry, chapped lips and is ideal to help combat the signs of aging around the mouth.

RADIANCE PEEL

This peel combines fruit and marine Alpha Hydroxy Acid, to reveal younger looking skin and increase the rate of cellular turnover. Soften fine lines and wrinkles and even-out the skin's color, tone and texture.

RELAX BACK THERMAL DETOX

At the beginning of your facial, relax back onto a compress of self-heating, bubbling mud and allow it to melt muscle tension and eliminate toxins from the powerful reflexology points around the spine.

NAIL CARE

SPA MANICURE

This treatment consists of filing, shaping, cuticle maintenance, exfoliation, a relaxing hand and arm massage and a final polish of your choice.

SPA PEDICURE

After filing, shaping, cuticle maintenance and callous work, your nail technician will exfoliate and hydrate your feet and lower legs. This treatment also includes a foot and leg massage and a final polish of your choice.

DELUXE MANICURE

Building on the Spa Manicure, add a delightful hot paraffin treatment, infused with vitamin rich oils to hydrate and soothe aching and dehydrated hands.

DELUXE PEDICURE

Our mineral body scrub will polish, smooth and moisturizes your skin. An icy herbal gel is applied to the legs while nail care is completed. A detoxifying mask which releases toxins and fluid retention is then applied to the feet. Finish with a gentle massage using shea butter containing antioxidants and marine botanicals. Detailed nail care includes filing, buffing, cuticle care and polish.



HOT STONE PEDICURE

Take care of your weary feet and tight calves with our hot stone pedicure. Feet and lower legs are massaged with basalt stones to relax tight muscles and improve blood circulation. The treatment is then followed by exfoliation and detailed pedicure services.

GELISH POLISH MANICURE & PEDICURE

Our Gelish Polish creates a natural look that lasts at least 14 days without chips or smudges.

NAIL ENHANCEMENT

Paraffin Hand Treatment | French Tip | Nail Art | Polish Change

HAIR DESIGN

HAIR SERVICES

Hair Cut & Style | Shampoo & Blow Dry | Special Occasion | Root Touch-Up | Full Color
Highlight/Lowligh Partial | Highlight/Lowligh Full | Individual Foil

MOROCCAN OIL CONDITIONING TREATMENT

Hair will be hydrated and conditioned with antioxidant-rich argan oil and nourishing ingredients. Dramatically improves hair's texture, elasticity, shine and manageability. Blow-Dry is included.

WAXING SERVICES

Lip | Chin | Brow | Face | Leg | Underarm | Arm | Chest | Back | Bikini

LASH EXTENSIONS

Our lash artists specialize in safe and customized extensions. Our eyelash extensions provide a rich-looking appearance that eliminates the need for mascara, giving you a low-maintenance beauty routine.

Full Set | Removal | Fills

WEEKDAY RENDEZVOUS PACKAGES

JUST DESSERTS

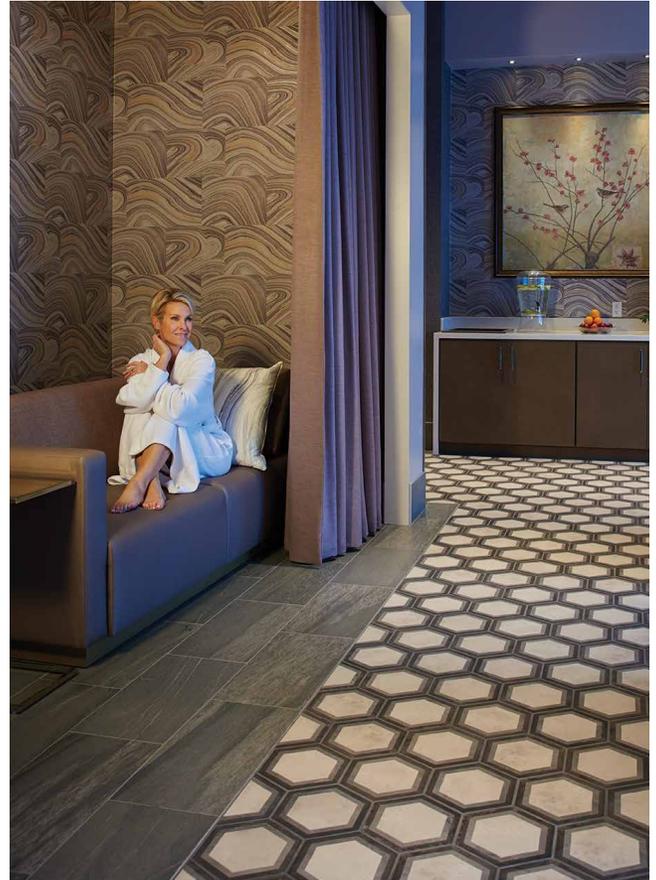
- 50 Minute Aromatherapy massage
- 50 Minute Sea Side Solutions Facial

DAY OF DECADENCE

- 50 Minute Aromatherapy massage
- 50 Minute Sea Side Solutions Facial
- Spa Manicure
- Spa Pedicure
- Lunch

SPA GETAWAY

- Passion Flower Body Treatment
- Deluxe Pedicure
- Shampoo Blow Dry
- Lunch



JUST A FEW NOTES...

RESERVATIONS AND CANCELLATIONS

Your treatment and your provider's time are reserved specifically for you. Therefore, 24-hour advance notice is appreciated should you need to change, cancel or reschedule your appointment. Late notifications and 'no call, no shows' will be charged at full treatment price. A credit card is required for all reservations.

ARRIVAL

For a stress free check-in, you are encouraged to **arrive at least 30 minutes prior to your service starting time**. Guests with massage appointments will choose personalized aromatherapy prior to the service. We invite you to take time to shower and enjoy our amenities and the tranquility before your service. Late arrival will limit the time of your service, thus lessening its effectiveness and your pleasure. With respect to the next guest, your treatment will end at the scheduled time and the full value of your treatment will apply.

SPA AMENITIES

For our spa guests, we offer robes, sandals and vanity amenities for your comfort and convenience. While lockers are provided, we recommend leaving valuables in your room safe. Additional amenities include whirlpools; saunas and eucalyptus infused steam rooms are complimentary for spa guests with service of \$60 or more. For guests without spa reservations, a "Day Pass" is available at \$45 per person per day, and is based upon availability.

HOTEL CANCELLATIONS

Canceling your hotel reservation **DOES NOT** automatically cancel your spa appointments, so please contact us directly to do so.

GROUP CANCELLATIONS

A 72-hour advance notice is required for groups of 3 or more to avoid being charged the full treatment prices.

SPA BITES

Guests can choose a healthy selection from our menu. Orders can be placed at check-in and delivered at your desired time. Please allow at least 45 minutes. Outside food and drinks are not allowed.

GRATUITIES

Gratuities are at the guest's discretion and greatly appreciated by our staff. For your convenience an 18% gratuity is added to parties 6 or more.

AGE REQUIREMENT

You must be at least 21 years of age to enjoy The Spa.

RETURN POLICY

If you are not satisfied with the item purchased, return within 14 days of the purchase day with original receipt. All refunds will be credited to method of payment. A check will be mailed for all cash purchases of \$50 or more.

Sale items are NOT eligible for returns.

CONTACT US

For reservations or questions, please call us at 800-452-8181, ext. 5860, or 530-796-5860. We look forward pampering you soon!

